Smart♥Health

Welcome to SmartHealth, the state's voluntary and confidential wellness program for eligible members of the Public Employees Benefits Board (PEBB) Program. If you participated in 2014, you know SmartHealth rewards you with a $125 wellness incentive for participating in healthy activities.

What's new for SmartHealth in 2015

You'll see a big change in the SmartHealth wellness program for 2015. We've invested in a best-in-class website that makes healthy lifestyle activities fun, challenging, and social – whether you're just starting or experienced with wellness efforts. The site tracks your progress, so you can easily see how you're doing and follow the leaderboards to find out how you stack up against your colleagues. You can connect most activity trackers (Fitbit, Jawbone Up, MapMyRun, etc.) to the website so your data automatically uploads.

Most importantly, the new website offers a fresh look and feel with easy-to-use, interactive tools and engaging activities. No more paper forms to fill out! The SmartHealth website tracks your progress for you.

SmartHealth's website will help you take steps to improve your health and well-being, while having fun and connecting with others. With new ways to qualify for a wellness incentive, you now earn points as you progress on your wellness journey. Once you reach 2,000 points by June 30, 2015, you'll qualify for a $125 wellness incentive in 2016!

Who is eligible to earn the $125 wellness incentive in 2016?

You (the subscriber) must meet the two criteria below both when you complete the required activities in 2015, and when the wellness incentive is distributed in 2016 to qualify for the $125 incentive:

1. **You (the subscriber) are enrolled in a PEBB medical plan.**

AND

2. **You are not enrolled in Medicare Part A and Part B as your primary coverage.**

Eligible subscribers, their spouses or registered domestic partners enrolled in a PEBB medical plan can participate and earn points on the SmartHealth website. However, **only eligible subscribers can qualify for a $125 wellness incentive in 2016.**

How do I get started?

Step ① **Visit www.smarthealth.hca.wa.gov** and select **Get started** to walk through the activation process.

Step ② **Take the SmartHealth Well-being Assessment.**

After signing in, find the Well-being Assessment option at the top of the page. The Well-being Assessment can help you understand your strengths and areas of improvement, and suggest SmartHealth activities to help you reach your well-being goals.

You earn 800 points *for completing the Well-being Assessment by June 30, 2015*.

Bonus! *Earn 100 bonus points if you complete the Well-being Assessment by March 31, 2015.*

If you don't have internet access, you can complete the Well-being Assessment by phone. Call SmartHealth Customer Service toll-free at 1-855-750-8866 (Monday through Friday, 7 a.m. to 7 p.m. Pacific Time).

Please note: You can no longer earn SmartHealth points by completing your PEBB medical plan's health assessment. Only the SmartHealth Well-being Assessment earns points toward the $125 wellness incentive.

Step ③ **Join activities that interest you.**

After completing the Well-being Assessment, you need to complete activities shown on SmartHealth's website to earn more points. Luckily, you get plenty of choices to choose from, so pick ones that interest you. When you earn 2,000 total points by **June 30, 2015**, you'll qualify to receive:

- $125 off your (the subscriber's) PEBB medical plan deductible in 2016.

OR

- A one-time $125 deposit into your health savings account (if you enroll in a PEBB consumer-directed health plan in 2016).

What are some of the SmartHealth activities I can sign up for today?

A New You in 2015

Set goals for the new year to help keep you focused on a plan for improved well-being.

(100 points)

Healthy Spending

With the holidays behind you, it is a great time to get your finances in shape.

(Up to 200 points)

Take a Stand

Get up and stretch to give yourself a boost of energy.

(Up to 400 points)

Healthy Pantry

It is easy to collect some extra treats over the holidays. Throw out the junk food and replace with healthy choices.

(50 points)

Throughout the year, the SmartHealth website will offer new activities and challenges, giving you the chance to join in a variety of engaging and fun experiences.

FAQs

How do I know when I earned enough points to qualify?

Simple—with the SmartHealth website, you can see when you've reached your 2,000 points. No guessing, no calculator needed. SmartHealth takes care of the busy work so you can focus on having fun.

Do I have to participate in SmartHealth?

No. Participation is entirely voluntary.

What happens if I don't participate in SmartHealth?

You won't qualify for the $125 wellness incentive in 2016.

Can I access SmartHealth from my smartphone?

Yes. SmartHealth is available from your computer, tablet, or smartphone.

Can I visit the SmartHealth website while at work?

Workplace policies vary, so it's best to check with your employer and your supervisor first.

Who has access to my Well-being Assessment and activity results?

Your individual Well-being Assessment and activity data are private and confidential under the Health Insurance Portability and Accountability Act (HIPAA). This information is only available to you to create your personal activity plan and track your progress.

The PEBB Program and its contracted vendor, Limeade, will receive information about PEBB membership as a whole (not personalized data) to regularly develop and offer activities to meet members' health needs and interests.

Who can I contact if I have questions?

You can call SmartHealth Customer Service toll-free at 1-855-750-8866 (Monday through Friday, 7 a.m. to 7 p.m. Pacific Time) for questions about the SmartHealth website. For questions about eligibility for the SmartHealth wellness incentive, visit **www.hca.wa.gov/pebb/Pages/wellness.aspx** or contact the following:

Employees: Your employer's personnel, payroll, or benefits office.

All other subscribers: PEBB Benefits Services at 1-800-200-1004.

Smart Health